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# Strengthening Your Relationships During COVID-19 Crisis

**Friday, May 22, 2020**

**10 - 10:45 AM**

**Presented by Robert Scholz, M.A., LMFT, LPCC**

The COVID-19 outbreak is dramatically changing our lives, including our relationships with other people in our communities, our families, our homes, and our workplaces. We have lost some or all of our normal ways of seeing others as we try to keep each other safe. Many of us have also found ourselves spending far more time than we are used to with those who share our homes, whether family, housemates, or both - not to mention pets!

Despite the challenges brought on by the pandemic, opportunities exist for everyone to work on, and improve their everyday relationships, and even start new ones. In fact, it is often within a crisis that real, positive change occurs in our personal lives and, relationships. As the month of May is recognized as Mental Health Month and to help raise awareness about mental health, this presentation will offer participants specific strategies for navigating common challenges facing singles, couples, and families during the COVID-19 crisis, as well as tools for how to turn "corona conflicts" into opportunities for connection. A time of Q and A will take place at the end of the presentation.

The presenter for this webinar is **Robert Scholz, M.A., LMFT, LPCC**. Robert has served in many clinical and leadership roles over his twenty-five years working with individuals, families and organizations. Robert is highly regarded for his work in the crisis management field, and provides consultation and training to many universities, schools, churches, and mental health agencies. Robert worked for over a decade within the Pepperdine Counseling Center, and has been a frequent contributor to the Pepperdine community as a consultant, and trainer for the past several years.

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